



AGENCY FOR  
**CLINICAL  
INNOVATION**

# Information for moving to adult health services

For parents and carers



**Easy Read**

[www.aci.health.nsw.gov.au](http://www.aci.health.nsw.gov.au)

## About this information



There is a time when young people move to adult health services.



This information helps parents and carers support them with the move to adult health services.



The **Agency for Clinical Innovation** transition service put together a list of things you should do to get ready.

We will say **ACI** for short.

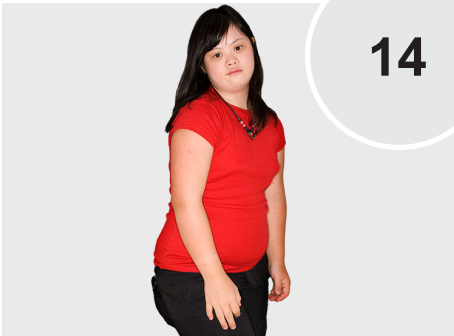


ACI is a team at NSW Health that look after making the health system better.



If you and your young person do all of these things it should be easier to move to adult health services.

# 1. Moving over



Your young persons health team should start to talk about the move to adult health care when they are about 14 years old.



Find out from your young persons health team at what age they will stop seeing them.



You can support them to ask where the new adult health service will be.

## 2. Get ready



It is good to think about what it will be like for your young person to move to adult health services.



If you start to think about it early it will be easier to get ready.



We made an easy read info sheet to help you and your young person find a GP.

Go to

[www.bit.ly/finding-a-good-gp](http://www.bit.ly/finding-a-good-gp)



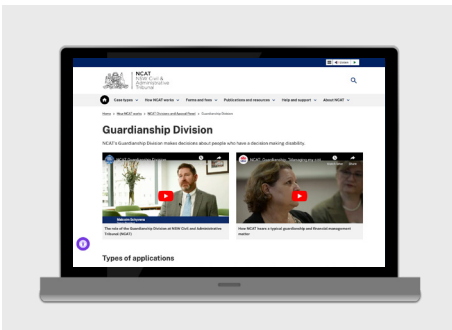
You might need to find out about **guardianship** if your young person cannot make their own decisions.



**Guardianship** means you have the right to make a decision for your young person.



The person who makes the decision is called a **guardian**.



For more information go to

[www.bit.ly/guardianship-division](http://www.bit.ly/guardianship-division)

### 3. Support the young person to look after their health



It can help your young person to get ready for the move to think about what they need to look after their own health.



Looking after their own health could mean

- Asking their questions about their health
- Talking to their health care team about their plan.



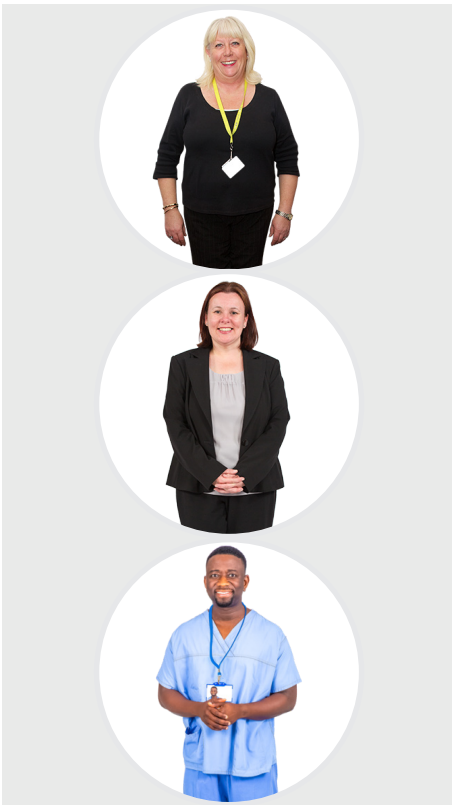
You can find out what you can do to support your young person with looking after their own health.



You and your young person might find the move to the new adult health team hard.



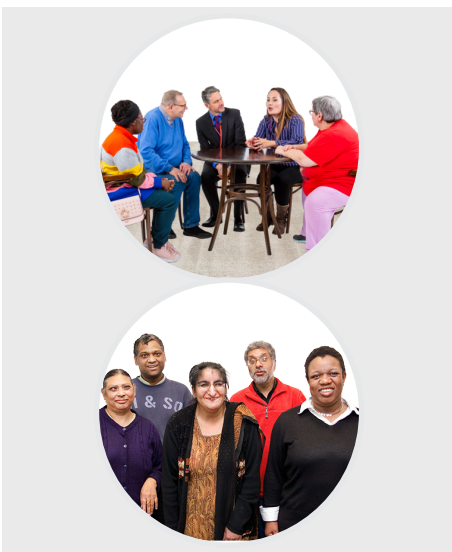
It might help you to talk to someone about how you feel.



You could talk to someone like a

- Social worker
- Psychologist
- Patient liaison officer.

A **patient liaison officer** supports you with information to make things easier in hospital.



You can also get support from

- Carer support services
- Peer support groups

A **peer support group** is a group of people who have the same things happen to them as you.



You can call Carers NSW to find a peer support group close to you.

Call **02 9280 4744**.



## 4. A local transition coordinator

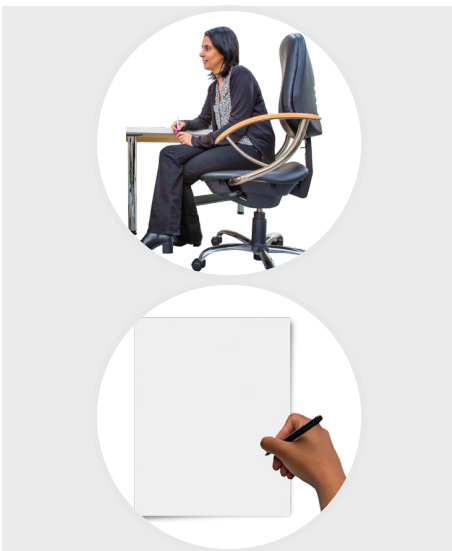


Someone from the health care team will support your young person to get ready to move to adult health services.

This person may be anyone from your health care team.



This person will help you and your young person learn about adult health services.



This might be for things like how to

- Set up meetings with your doctors
- Get a referral from your doctor.

A **referral** is a letter that says you need to see another doctor and why.



You can also talk to them about any problems with the adult health service.



## 5. Talking with the health care team



Your young person's health care team can tell you what happens when your young person moves to adult health services.



You can ask them questions about the new adult health service for your young person.



You should bring to the new adult health care team things like

- Hospital letters
- Referrals
- Information from tests and scans.



You can also support your young person to talk to the new health care team by themselves.

## 6. Your young persons plan



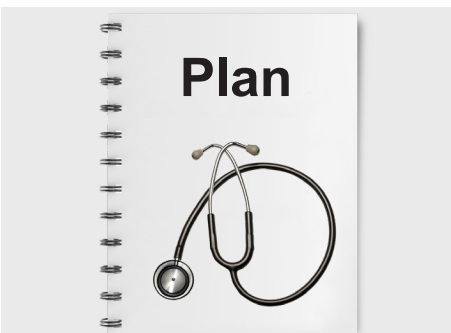
The person supporting your young persons transition will help to put a plan in place.



A plan might be a written plan or a plan you might talk about it.



The plan should be have all the important information about your young person and their new adult health team.



You or your young person can ask for a copy of this plan.

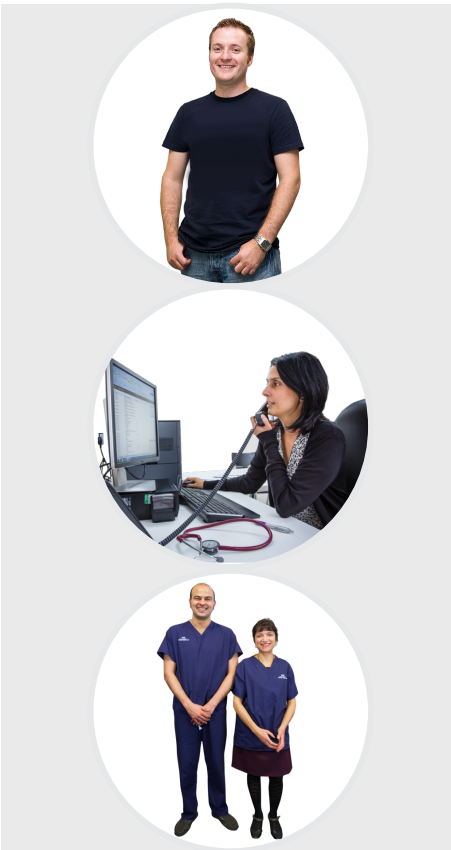
## 7. Talking about how it went



After you go to the adult health care team for the first time your local transition coordinator should contact your young person.



Make sure you know who you and your young person can contact if you have any problems.



This could be the

- Local Transition Coordinator
- GP
- Your old health care team.

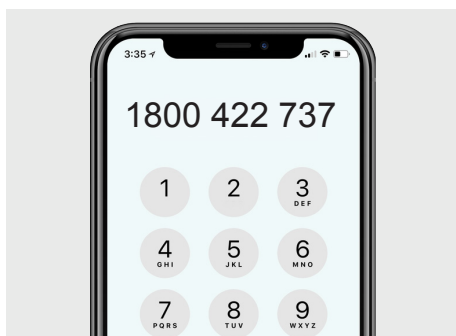
## For more support



You can get support from the **Carer Gateway**.



The **Carer Gateway** is a support service for parents and carers.



You can call them on **1800 422 737**.



To read their info sheet go to

**[www.carergateway.gov.au/document/796](http://www.carergateway.gov.au/document/796)**

# For more information



You can get more information from the **ACI Transition Care Service**.

They support young people in NSW with the move to adult health services.



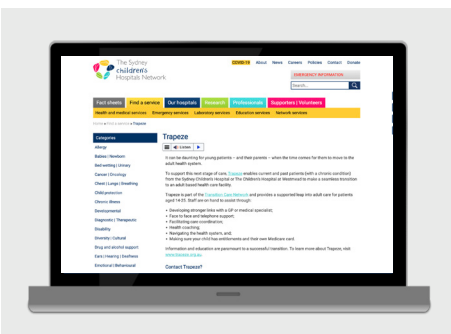
For more information go to

**[www.bit.ly/aci-transition-care](http://www.bit.ly/aci-transition-care)**



You can also get more information from the **Trapeze** service.

They help young people who have been in the Sydney Children's Hospital.



For more information go to

**[www.bit.ly/about-trapeze](http://www.bit.ly/about-trapeze)**

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